

Health-Hints  
to Women.



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Wilhelmine Schott

# HEALTH-HINTS TO WOMEN

TREATING OF

FOOD, EXERCISE, DRESS, CARE OF  
CHILDREN, ETC., ETC

BY MME. WILHELMINE SCHOTT ✓

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Be timely wise  
With health all taste of pleasure flies

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GAY

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## PREFACE.

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MADAME WILHELMINE SCHOTT, the author of the following "Hints," was born in Denmark, in 1830. Her uncle, Emile Fresch, was Physician to King Christian the Eighth. She early manifested a strong love of medical science, and, when sixteen years of age, studied anatomy under her uncle, in the dissecting room of the Langaard Institute, at Copenhagen. Here also, she was instructed in the science of manipulation, at a later period. In both cases, she studied *con amore*, she had no purpose of turning her knowledge to future account. Circumstances, however, finally led

her to commence practice on the system of the Danish Cure, in which she has been eminently successful. She now desires to introduce this system into this country, and particularly to commend it to the consideration of American women; for whom, on account of their sedentary habits, and the extreme prevalence of nervous diseases among them, it appears to be specially fitted.

In the course of her practice, it has been her habit to give her patients, from time to time, such hints and suggestions, with regard to the proper management of themselves and their children, as the occasion called for. These they have deemed of so much value as to wish to possess them in a convenient form for future use and reference. It is at their request, therefore, that this little book has been

prepared for publication; and at their hands, it is sure to find a welcome.

Elsewhere, it has its welcome to win. Though it may not contain a great deal that is new and original, it contains much that women are too apt to neglect, or to ignore, says it in few plain words, and groups it together under appropriate heads. It gives the "line upon line" necessary to impress hygienic truths upon the memory; it furnishes the ounce of prevention which is worth the pound of cure; and it is a wise counsellor in the sick-room and the nursery. It is not designed to supplant the family physician, but to go before and after him, building up that strong, sound constitution which most readily throws off disease, and attending to the smaller matters of diet, exercise, etc., for which he has no time.

Finally, in manipulation, it provides exercise for the feeble, and help for contortions, weaknesses, and deformities, that medicine cannot reach.

On these grounds, it is confidently commended to the favor of the public.

THE EDITOR.

NEW YORK, *January*, 1875.

## PART I.

### CAUSE, EFFECT, CURE.

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#### I.

#### FOOD.

PAIN is a symptom, not a disease. Rightly understood, it is a friend : it comes to tell us, in tones neither to be mistaken nor ignored, that we have violated the laws of health, and must suffer the consequences. It bids us examine ourselves, in respect to food, exercise, clothing, work, and play, and see wherein we have offended, and need to repent and amend. And its monitions should be taken to heart, not stifled by narcotics, nor postponed to a more convenient season by temporary, shuffling expedients. True wisdom sets itself at once

to discover the deep cause of the trouble, and applies the effectual cure, no matter at what cost of time, labor, and self-denial.

And first, as to FOOD. On this head the offence is almost universal. Too much is eaten, or too little, or it is eaten too hurriedly, or at the wrong times, or of the wrong kinds. Yet it is impossible to mark out any single regimen that will suit all classes, ages, occupations, habits, and conditions of health. The one thing necessary for a woman to understand, is that certain kinds of food furnish certain elements to her body, indispensable to its growth and health,—some in a greater, some in a lesser degree,—and should not therefore be accepted or rejected ignorantly, indifferently, or capriciously; but carefully selected with a view to their power of repairing bodily waste, and accelerating or retarding the bodily functions. Afterward, she must study and experiment for herself, to ascertain

what kinds and proportions of farinaceous, vegetable, and animal food are best suited to her peculiar constitution and circumstances. No doubt she will make some mistakes, but she will do much better than if she eats blindly whatever comes to hand, without other aim than present gratification.

Yet care should be taken not to err on the side of abstemiousness. Nearly all varieties of food are useful in their proper place and proportion.

Beef is the best animal food, and should be most frequently and freely used. It is easily digested, and furnishes the body with both warmth and strength. Mutton is next to it in value.

Fruit should form a part of every meal. Much of it being gently aperient, it tends to rid the system of impurities, and does away with the necessity of medicine.

As a general rule, eat more meat and less vegetables in winter, and *vice versa* in summer.

Sweets and fatty substances are always more in order in winter than in summer; their chief recommendation being that they yield a large amount of carbon, and consequently of heat, to the body.

Regularity in eating is a cardinal point. Have a fixed hour for meals, and deviate from it as little as possible.

Good, unadulterated tea and coffee, taken in moderation, do no harm to adults in health, and are often valuable by way of needed stimulant. Pure coffee quickens the circulation much like an electric battery. It also acts upon the liver in such a manner as to aid the digestion. But when a person is weak and nervous, coffee often sets the blood into such rapid circulation as to cause tremulousness of

the nerves, followed by depression of spirits. It should then be avoided, and milk may be advantageously substituted.

Bad tea, or very strong tea, sometimes irritates the nervous system to such a degree as to cause sleeplessness, even though its first effect may have been a soothing one. The soothing results from a partial paralysis of the nerves; the irritation is the inevitable reaction. The tea should be replaced by a purer article, taken weaker, or discontinued, as is found most beneficial.

For invalids, I strongly recommend a steady diet of oatmeal and milk; that is, eat it three times a day, and continue it until the stomach imperatively craves a change. Oatmeal contains a large proportion of iron and phosphorus, and is therefore very valuable for repairing waste, and manufacturing healthy blood and muscle. A course of it is pretty certain to

restore tone to the stomach, and regularity to the digestion.

A very palatable and strengthening dish for invalids, is chicken broth with a poached egg dropped in it. Be careful to skim all the grease off the broth, before adding the egg.

When the stomach is out of order, a cup of boiled sago, with cinnamon, sugar, and claret wine added, will often be found both palatable and beneficial.

## II.

### EXERCISE.

NEXT in importance to food is exercise. Without it there can be no vigorous health. It is best when taken in the open air. Every lady should walk at least two hours daily, one hour in the morning, and one just before sunset. The good results accruing from the regular performance of this duty, will more than compensate for any inconvenience which may sometimes attend it. It will beautify as well as strengthen; it will give light to the eye, rose to the cheek, elasticity to the movements.

If you are an invalid and walking fatigues you, do not therefore give it up without a struggle. Try walking very short distances, with rests between, and you will probably find

that the distances can be increased, and the walk prolonged, day by day, until a long walk becomes both a pleasure and a benefit.

Work about house is never so good as walking, because it is not done in the open air. Still, where the household duties involve much standing upon the feet, carriage-riding may be preferable. But if the indoor occupations be sedentary, walk—walk! It is the only way to keep yourself in good health.

Dancing, games, and gentle gymnastic exercises may also be found useful, where they can be had; but walking is the one generally available and indispensable exercise. If women walked more, they would suffer less.

### III.

#### BATHING.

No woman in health should fail to take a cold bath daily, using sufficient friction thereafter to bring on a healthful glow. There is no better safeguard against colds.

For invalids, and in all cases where the vital powers are not sufficient to produce the healthful glow speedily, a tepid or warm bath should be preferred.

The bath, in either case, may be sponge, plunge, or shower, according to convenience or liking. The special objects are to set the blood into more active and equal circulation, and to promote the insensible perspiration by opening the pores of the skin; and any bath which secures these objects is admissible.

Salt added to the bath makes it more strengthening.

#### IV.

##### DRESS.

THE clothing should be warm without being burdensome. Divide the weight about equally between hips and shoulders.

Wear flannels in winter; being bad conductors, they keep the animal heat from passing off; it is a mistake to think that they impart it; *that* must be done by food and exercise, as before hinted.

Other things being equal, dress more warmly for the evening than for the morning, because the vital powers are lower at night.

Do not commit the mistake of bundling up too much; trust rather to quicker, deeper breathing, and more rapid movements, for a

sufficient supply of heat. If you are chilled when riding, get out and walk; if you are chilly while walking, quicken your pace and your breath. Run, if it is necessary; don't submit to be cold.

Do not wear at night any undergarments worn during the day.

The proper place to garter the stockings is above the knee, where the muscles and cords are strong and in constant action. Garters below the knee injure by obstructing the circulation; while the stocking supporters now in vogue often press dangerously on the bowels, and tend to produce falling of the womb.

Heels should not be more than half-an-inch high. These will secure comfort in walking, without danger of straining or deforming the foot. Very high, sloping heels, which throw

the weight in the centre of the foot, where so many nerves connected with the spine unite, should never be worn.

Too sweeping censures have been passed upon corsets. When they are properly made, and judiciously worn, I believe them to be not only harmless, but beneficial; furnishing needful support and protection to certain delicate organs. To do this, however, they must be made to fit the individual form, not bought in furnishing-stores. Many women buy what is called a handsome corset, and then fit themselves into it by tight lacing. Harm ensues, and they, or their physicians, blame the corset; they would better employ their time in learning the difference between use and abuse.

Corsets, to be healthful, should fit the figure perfectly and comfortably; they should be made long, coming well down over the spine and the abdomen; no iron or steel should be

put in them, but only stiff whalebones ; finally, they should close completely in the back, not gap an inch or two, as is the usual custom. Such a corset will support, and at the same time protect from harmful pressure, either directly or indirectly, the breasts, the waist, the abdomen, the bladder, the womb, and the rectum.

I know whereof I speak, for I have worn corsets from childhood, and I possess to-day an amount of strength and vitality that few women can equal. I give treatment daily from morning until night, sometimes for two hours and a half, without any rest whatever ; my fund of reserve force seldom fails. Yet if I discard my corset, as I have sometimes done by way of experiment, I soon experience great weakness, followed, in time, by pain.

Moreover, patients have come to me with curvatures of the spine, wearing heavy, torturing supports of iron,—without which, however,

they were unable to keep an erect position,—and I have adjusted a corset to them, which answered every purpose of the iron, without the weight or discomfort, which they have worn until cured. Finally, I have put suitable corsets on to girls of fifteen or sixteen, who were suffering from general debility,—the muscles lax, the shoulders bent, the organs all more or less displaced or enfeebled,—and they have grown strong and muscular, with straight, handsome figures.

Of course, there must be no tight lacing: undue compression of the body will produce a disorder somewhere. But there is no reason why corsets should be made tighter than dresses; while they *can* be made to afford more support.

## V.

### EVERYDAY ILLS AND REMEDIES.

IF you suffer with cold feet, do not use hot outward applications, or resort constantly to the register, but rub the feet briskly on the carpet, or on a blanket, till the circulation is brought down to the extremities.

To *prevent* cold feet, wash them every night in cold water, with plenty of salt in it.

For dyspepsia, keep chamomile tea on hand, and take a teaspoonful half an hour before and after each meal, and on retiring at night. Also take more outdoor exercise, and eat less, than usual.

For irritation of the nerves, and sleeplessness, take a cup of strong hop tea before

retiring. It will tranquilize the nerves, and induce refreshing sleep, without being followed by any painful or depressing effect in the morning.

For difficulty of breathing, a feeling of dryness of the lungs, and other asthmatic symptoms, mix a tablespoonful of anise-seed with two tablespoonfuls of honey, and a pint of cold milk, and take four tablespoonfuls daily. It will give elasticity to the lungs.

Pain, oppression in breathing, palpitation, and other *apparent* symptoms of heart disease, often arise from irregularities of the spleen, which produce unequal circulation of the blood. Manipulation should be employed in such manner as to assist the spleen (the office of which seems to be much like that of a sieve) in discharging the blood which has been returned to it, after circulating through, and

nourishing, the body. This must be done, of course, by one who understands the science of manipulation, as well as the theory of the circulation of the blood.

A torpid liver is a fruitful source of evil. It causes contraction of the muscles of the stomach, irritates the spleen, and frequently results in Bright's disease, weakness of the bladder, or contraction of the rectum. The latter, by the way, is one of the most common of disorders, though least known; it is responsible for much of the pain, pressures and weakness, variously located in the spine, the ovaries, or at the base of the brain, which is so often complained of, but unaccounted for:—sometimes it even occasions symptoms of insanity.

The liver being the head and front of all this offending, the main thing is to restore healthful action to that organ. Nothing will

do this so quickly and safely as plenty of outdoor air and exercise. Walk regularly and perseveringly, and do not indulge in much carriage riding. Skilful manipulation will also be very helpful.

The contraction of the rectum will be much relieved by using an injection, made by steeping four large poppy heads, and a tumblerful of bran, in two quarts of water. Use cold. This is also good for Piles.

Neuralgia has been well said to be less a disease than a want of health. It is the result of thin, impoverished blood; impoverished either through lack of sufficiently nourishing, warming food, or because the respiratory or circulatory organs are not doing their full duty. A radical cure can be effected only by enriching the blood, and generally building up the system. Spend more time in the open air, take more exercise, (gentle and gradual, if it

be necessary), and thereby increase the appetite for nourishing food, of which eat as much as possible. Also, as an excellent blood-strengthenener, make use of the following preparation :

To two quarts of water, add a tumblerful of malt, two tablespoonfuls of hops, and one tablespoonful of saffron. Boil until the malt is soft. Take half a tumblerful three times a day, or even oftener,—it will do no harm.

When the neuralgic pain is in the head, temporary relief may sometimes be obtained by rubbing lemon-juice well into the pores of the skin, both at back of the head, where centre the nerves from the spine, and back of the ears. This nourishes and tranquilizes the nerves.

For neuralgia in the stomach or abdomen, boil a tablespoonful of poppy seeds in a pint of milk, and take a teaspoonful of the decoc-

tion, hot, repeating the dose every fifteen minutes until relieved.

Manipulation, appropriately applied, will be found very serviceable.

Leucorrhœa, (or Whites), is a too common weakness, usually occasioned by anxiety and overwork. The white discharge comes from the spine, the yellow from the womb. Salt bathing is very beneficial,—sea bathing, where it can be had,—otherwise add a pint of rock salt, and half a pint of saltpetre to the daily cold bath.

Also, pound raw egg shells to a fine powder, and take a teaspoonful in milk—three times a day, to strengthen the spine and womb.

Also, use an injection of cold hop tea, with a little alum added.

Consumption of the bowels, or what is commonly known by that name, frequently results

from the use of too powerful medicines, which has injured the lining of the intestines. It manifests itself by gnawing pains in the bowels, and slimy, offensive discharges. Dissolve one ounce of Gum Arabic in half a pint of hot claret wine, and take one tablespoonful every half-hour until a sensation of relief is experienced. The Gum Arabic has a most healing and restorative effect on the injured membranous tissues.

For Common Sore Throat, take equal parts of hops and chamomile flowers, heat hot, (without wetting them), sprinkle slightly with cayenne pepper, and bind around the throat.

## PART II.

### MATERNITY.

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#### I.

#### BEFORE CONFINEMENT.

DURING pregnancy, women should be more than usually solicitous to keep themselves in sound health, inasmuch as not only their own well-being, but that of their offspring, is now involved. Especially, since the mother's state of mind, at this time, is tolerably certain to be reflected in the child's temperament, should she take care to keep herself calm, cheerful, hopeful; not filled with terror of the "evil to come," but rather taking it for granted that—child-bearing being a normal, universal function of

woman—she may reasonably expect a safe and comfortable deliverance. So doing, she may also reasonably expect to have a quiet, happy, cooing baby, instead of a nervous, peevish, crying one. If, furthermore, she wishes the coming man or woman to be of that healthy, symmetrical, well-balanced type which is described as “a sound mind in a sound body,” let her keep her intellectual as well as physical faculties in a state of healthy activity, yet carefully avoiding any temptation to overwork. Let her read the best books, see the best pictures, converse with the best people, pursue the most elevating studies, that come in her way;—in short, lead the broadest, freest, most rational life possible. Especially, let her determine that she *will not* be “careful and troubled about many things”—probably very small things at that, things not to be put for one moment into competition with her own and her child’s welfare. Let her shirk her cares

rather than be burdened by them; a little temporary confusion in the household is but a small price to pay for an easy confinement and a rapid recovery.

Exercise should be taken as usual, but with greater watchfulness against over-fatigue. Jumping, falling, lifting, stooping over, running up and down stairs, (go slowly, if you *must* go), reaching far off or high up, standing long with the arms elevated over the head,—in short, whatever tends to jar or strain any part of the body, should be carefully avoided.

During the first three months of pregnancy, much good may be done, and much suffering prevented, by appropriate manipulation. It will strengthen the organs for their extra work, and help to keep the blood in healthy circulation. During the eighth month, be manipulated over the spine and ovaries.

Instead of the cold bath, (if that is the habit), take a lukewarm bath of salt water every night, during pregnancy.

Heavy shoes, and heavy skirts, and all uncomfortably weighty clothing, should be discarded during pregnancy.

Wear a long, easy corset, to support the back and ovaries, but take care to avoid all compression of the body. Give it plenty of room to expand naturally.

## II.

### AFTERWARD.

THE day after confinement, take physic, (castor oil is the best):—it is very important that the system should be kept clear, and the circulation free, at this time. There will be less danger of too great an accumulation of milk, and consequent trouble in the head or the breasts.

Be very particular to have an evacuation every day.

After confinement, strengthen the relaxed muscles by bathing the lower part of the body, for several days, in a decoction of chamomile flowers and oatmeal.

If the child is to be nursed by the mother,

let her begin from six to ten hours after its birth, according to her strength. If she be very much prostrated, it may be necessary to wait still longer :—in that case, of course, the child must be fed by some other means, until she is able to fulfil the office. If she is not to nurse the child, care must be taken to relieve the breasts of the inflowing milk before trouble ensues from an accumulation thereof.

If, after beginning to nurse, it is thought better for her to stop, rub the breasts well, and also under the arms, with unsalted melted butter or camphorated oil, and keep them covered with cotton batting. There is danger of taking cold in them, unless they are kept warm.

Let oatmeal gruel be the steady diet for the two first days after confinement ; or supplement it only with bread and toast. After the second day, a choice may be given between

chicken broth, and boiled fish with melted butter. After the fourth day, boiled or broiled beef may be added to the bill of fare, but *do not eat anything baked or fried.*

After the ninth day, if comparatively well, eat as usual, if not nursing.

If nursing, eat no vegetables for three weeks ; they give the baby pain.

If there is much debility after leaving your bed, use manipulation to strengthen the nervous system. It will act like a charm in most cases.

To support the body after confinement, and to ensure a complete return to a fine figure, fasten a bandage half a yard wide, and two and a half yards long, as tightly around the bowels as it can be comfortably borne. Tighten it a little every morning until the form resumes its proper proportions.

Walk as soon as possible, but take care not to exercise too much at first. If it is summer, and you live in town, drive into the country, and take a stroll on the warm, fresh earth ; it will invigorate you as nothing else will do. Pavements are injurious to very weak persons.

Resume your daily cold bath as soon as it is consistent with prudence. Do it, of course, by degrees.

## PART III.

### CARE OF CHILDREN.

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#### I.

#### INFANTS.

IMMEDIATELY after birth, an infant should be bathed in lukewarm water, to which may be added a little salt;—the bathing to be done gently and thoroughly, but as rapidly as possible, to prevent chill.

If the child be very feeble, bathe in thin oatmeal gruel, instead of water; the gruel to be made of equal parts of water and fresh milk, and well salted. (The water only should be heated.) Continue the gruel baths as long as the feebleness continues; it may be for two or three weeks.

Let the bath, whether of water or gruel, be made a little cooler from day to day, until it becomes cold.

Always repeat the bath at night; a bath morning and evening is imperative in the building up of a strong, healthy constitution.

The navel is next to be cared for. Moisten a piece of soft linen in sweet oil, lay it gently on the navel, and keep it in place by a bandage five or six inches wide, pinned quite tightly around the child's body.

As soon as the umbilical cord comes off, which will be in the course of two or three days, split a raisin in two, remove the seeds, apply the soft side to the navel, and fasten on with a bandage as before. Change the raisin every evening.

If the navel swells and protrudes, either before or after the falling off of the umbilical

cord, take a piece of linen about half-a-yard square, fold it into a compress of not more than an inch-and-a-half square, lay it on the navel and bind on tightly. If the raisin above-mentioned is in use, the compress should be laid over it.

Keep the bowels closely bound until the navel is healed.

Observe these directions carefully, and the child will have a strong, well-shaped abdomen ; neglect may result in unnatural protrusion of the navel, rupture, inflammation of the bowels, etc.

If a wet nurse is employed, let her, as soon as she enters upon her duties, take a teaspoonful of powdered Turkish rhubarb, to act upon the child's bowels ; which it will do quite as effectually, and much more safely, than if administered by the mouth. This physic should be repeated twice, at intervals of three

days; after that, once a month as long as the child continues to nurse.

Never give the child physic directly.

The nurse should always be examined, and her milk analyzed, by a competent physician. Neglect of this precaution is often the occasion of great weakness and suffering to the child.

If artificial food is required any time during the first eight days, let it be made of equal parts of milk and warm water, adding a tablespoonful of sugar to the pint. After that time, use oatmeal gruel, made as follows: Stir two tablespoonfuls of oatmeal into half a pint of water; boil well; strain; when cool, add sugar, and half a pint of fresh milk. (If it is desired to make it still more strengthening, stir in a well-beaten egg.) This is a most nourishing and fattening food for babies. It can be taken from the nursing bottle.

Panada, made by mixing together bread, water, sugar, and a very little butter, may also be used. The bread should be made from hop yeast. Crackers, and anything containing soda, should be avoided.

Any food of which *boiled* milk is a part, will produce constipation. It may sometimes be used to advantage in diarrhea.

During teething, the bowels should be regularly and thoroughly evacuated ; there will be less danger of convulsions.

To allay the irritation of the gums, let the child bite on a crust of bread.

When the child suffers *very* much, there is danger of convulsions. To prevent these, as well as to stop them if they supervene, make a tea, by steeping one tablespoonful each of catnip, tansy, and saffron, in a pint of water, and let the child drink freely of it, at short intervals, until it is relieved.

For Diarrhea, in babies, give ten drops of paregoric in boiled milk; and repeat the dose after every two or three discharges, until a cure is effected. This may be given to children one month old and upwards; at two months, give fifteen drops; and increase in about the same ratio for older children.

When a child screams and writhes as if in severe pain, for which no adequate cause can be found, most likely it has Colic. It may be relieved by saturating a little cotton with brandy or whisky (brandy preferred), carefully opening the navel, and inserting the cotton therein. This can be easily done during infancy.

The effect will be the same as if the liquor were swallowed; in a few moments it can be detected in the child's breath. Never give infants any ardent spirits in the mouth.

The very general practice of carrying children on one arm mainly should be avoided ; it is a fruitful source of curvature of the spine. Carry the child on one arm as much as on the other.

Never jump or trot a baby on the knee ; the jarring is injurious, and aggravates the trouble it is meant to soothe. If the child is uneasy, turn it on its side, arrange it comfortably, but without a pillow, and let it lie perfectly quiet. This position expands and strengthens the lungs, while quiet and rest act as beneficially on weariness and irritation in infants as in adults.

Take care not to allow the child to stand too soon. If it is fleshy, it is time enough for it to try its strength when it is from nine to twelve months old. Then put a mattress or a thick blanket on the floor, and allow the

little one to creep on it, and to try to raise it-self. Keep it as little in arms as possible.

A certain amount of exercise is necessary for infants, after the first few weeks. This may be given them by tossing them lightly in arms, rolling and tumbling them about on the bed, and otherwise frolicking with them in such a manner as to bring all parts of the body into play. Let this be done daily, for about an hour; and also, by way of insuring sound sleep, for a half-hour before putting them to bed at night. A little fatigue is one of the best of soporifics.

Do not bundle up children too much, nor be always in terror of draughts; but early accustom them to the fresh air and life-giving sunshine. Without these, no child can grow fair and strong.

At one year of age, a child may begin to eat all kinds of vegetable food, except beets, cucumbers, peas, and cabbage. Baked potatoes contain a great amount of nutriment, and with due allowance of salt and butter, are a very palatable dish.

Oatmeal-and-milk should always be a staple article of diet; it is good both for body and brain; it makes bone, blood, and muscle.

Beef, well cooked, is indispensable. Begin by giving the child a bone to suck; then a little of the meat cut very fine; until it has learned to masticate for itself, and its stomach has become gradually accustomed to solid food.

Give it very few sweets; and never allow tea or coffee;—good, rich milk and pure water are the only safe, healthful drinks for children, the only ones likely to build up a sound, vigorous constitution.

From two years of age upward, give a child

one half-teaspoonful of powdered Turkish rhubarb root once a month, to keep the liver active, and the bowels free from slime and other impurities. Where this is regularly done, the child will be much less liable to take measles, scarlet fever, and other children's diseases which may be prevalent. A healthy child ought never to have these things.

As a simple but efficient remedy for Croup, cut a strip of raw beef about two inches wide and an inch thick, heat it hot by holding it to the fire (taking care not to cook it), bind it around the throat and extend it down over the upper part of the chest, by means of another piece three or four inches square. (Where it can be had, the warm lung of a newly killed beef is still better.) Some little time after applying the beef, dip a camel's hair pencil (a quill feather will answer if the pencil is not at hand) into lemon-juice and

apply it to the tonsils, palate and lining of the throat, as far down as can be reached. Also let the child swallow a little mixed with sweet oil, if possible.

Croup is caused by swelling of the membranes of the throat, and contraction of the windpipe, to such a degree as to hinder the air from entering the lungs. The hot beef will soften the swelling and reduce the contraction, while the lemon juice will remove the accumulated slime, and, with the oil, help to restore a natural condition.

The same treatment is excellent for Diphtheria. Also, inject into the ears milk in which chamomile flowers have been boiled. Use it lukewarm.

For Worms, give a teaspoonful of wormwood in two tablespoonfuls of molasses.

## II.

### FROM SIX TO SIXTEEN.

SIMPLICITY and regularity of life are the necessary constituents of a healthy childhood, the only firm foundation stone upon which a satisfactory superstructure can be reared. As a rule, American parents forget this truth. At the very time when the "curled darling" of the British or Continental aristocracy is made to lead a quiet, simple, regular life in the nursery and schoolroom,—dining early on two or three plain dishes, walking and exercising several hours daily in the open air, and retiring at nine o'clock,—the American child is indulged in late hours, late suppers, indigestible food, and exciting amusements, and secluded from the fresh air, in utter disregard of every law of health. The consequence is seen in pale,

nervous, sickly, irritable children; who cannot do otherwise than grow up into pale, nervous, sickly, overworked, and early worn-out adults. I shall be glad if these "Hints" do anything, however little, towards correcting the evil.

For obvious reasons, my remarks will apply mainly to girls. Boys early take the matter of exercise, at least, into their own hands; and sooner cease to be objects of motherly anxiety, as regards their physical training. \*

At six years of age, children may be allowed almost all kinds of food, if plainly cooked and judiciously proportioned. Pork is generally to be avoided. So are gravies, pastries, rich puddings and preserves, and pickles. Ripe fruit is always excellent, if not eaten in excess. Tea and coffee should be withheld until the system is fully developed; milk should be used instead.

Eating between meals should not be allowed ; the stomach requires rest after work, like everything else.

Late suppers to be forbidden, of course ; and nothing to be eaten just before going to bed.

Until sixteen years of age, children should retire at nine o'clock. They should not attend evening parties, nor be subjected to any similarly unhealthful excitement.

I have insisted upon exercise, as indispensable to sound health ; yet much injury is done to girls by so-called health exercises. Jumping rope, skating, and gymnasiums, the methods and movements of which have not been examined and recommended by a competent physician, may be set down generally as doing more harm than good. During my practice, I have had numerous cases of weakness, contrac-

tions, and rupture, caused by these exercises alone. Walking is always to be recommended, except where there is some special weakness or lameness to interfere; and there are many indoor and outdoor games wherein exercise and amusement are admirably combined.

Children should be carefully taught to sit upright, and not allowed to lean over desks, or sit in bent, cramped positions at their books or work; for these things narrow the chest, and predispose to lung disease.

Also, spend a few moments every day in teaching them the art of perfect breathing, by expanding the chest fully, and making the inspirations long and deep as possible. The time will not only be well spent, it will be an actual saving in the end, inasmuch as whatever tends to make a child healthy, relieves the mother of many an anxious hour's watch by a sick-bed.

Let the clothing be loose enough to allow freedom of action to all the limbs and muscles. Take care to have it sufficiently warm in winter; no matter what the fashion may be, discountenance bare legs, and thin skirts and stockings.

Insist that the shoes shall be flat-soled, or nearly so, in order that your children may not be troubled with corns and bunions *all* their lives; it will be their own fault if they choose to run the risk of them later.

From six years of age upwards, it is well for girls to wear a simple, easy corset,—not to lace the figure, but to keep it upright, and support the developing organs. It should be made without steels; substitute two whalebones in the back, and one in the front,—said bones to be an inch and a half wide, and quite stiff.

To train the hair properly, keep it cut short until nine years old.

Continue the daily cold bath, using warm water about once a month, by way of cleansing the skin more thoroughly.

If a child has Chills, it is frequently caused by impoverishment of the blood. Fewer dainties, and more nourishing food should be given; also, administer half-a-teacupful of hot elderberry wine for three or four nights, upon retiring.

If there are symptoms of Fever,—dry, hot flesh and quickened pulse,—give milk to drink, but little to eat. Also, give a teaspoonful of powdered Rhubarb, mixed with twice the quantity of sugar, and a little water. If the child is under twelve, give half a teaspoonful only of the rhubarb.

Girls approaching womanhood—that is to say, from twelve to sixteen years old—should

be carefully watched. Over-fatigue, either of body or brain, should be sedulously guarded against; so also should all nervous excitement. Food, exercise, study, and amusement, should all be wisely regulated in such a manner as to afford the most assistance, and do the least harm, to the rapidly developing system. The food should be of the most nourishing, strengthening kind, but not stimulating. The exercise should be regular, without being violent. Teachers should be requested not to exact too much in the way of study, at certain times, nor to permit the pupil to sit too long at the desk, or in any one position. The amusements should be simple and joyous, leaving, so to speak, a good taste behind; not so artificial and exciting as to be followed by a depressing reaction. Finally, the reasons why such and such precautions, and such a regimen, are necessary, should be calmly and seriously stated to the child; false modesty in

this direction is the parent of numerous evils. Give girls to understand in time the peculiarities and necessities of their sex; to be forewarned is to be forearmed.

As soon as girls are twelve years of age, (those, at least, who show any signs of maturing), give them, every other night, on going to bed, a teacupful of catnip tea, adding a half-teaspoonful of saffron. It will render needed assistance to the system. At the same time, rub the back and hips well, but avoiding pressure on the ovaries. This will produce healthful action of the spleen. Also, rub the bottom of the feet, to assist the circulation.

If girls show symptoms of nervous irritation, during the monthly period, mix one half-ounce of pulverized peruvian bark with a bottle of wine, and give a wineglassful, with a raw egg, every forenoon.

During menstruation, it is best not to lie down and give up to a feeling of languor or discomfort, however strong the inclination to do so. Gentle exercise will greatly assist the discharge, and also strengthen the organs. The discharge should not continue over three days: after that time, regulate it by taking the following:

Mix two tablespoonfuls of ground cinnamon with a pint of water; add two tablespoonfuls of lemon juice and the outer rind of the lemon: drink the pint in a day: it will prove an efficient and pleasant regulator.

If there is *much* pain attending menstruation, use a hot sitz bath,—hop tea is better than water alone. The pain is caused by nervous contraction of the organs, and the bath will relax them in from ten to fifteen minutes. Immediately after the bath, lie down for two or three hours.

If the pain is constant and severe, manipulation is most serviceable. It must be done, however, by a person skilled in the art, as well as thoroughly acquainted with anatomy.

## PART IV.

### MANIPULATION.

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#### I.

#### ITS NATURE.

IN the course of these "Hints," I have spoken of Manipulation as a safe and effectual remedial agent, in certain cases. I mean by this term, *Treatment with the hands*, according to the methods and movements of the Danish cure. This Cure is not an empiricism; it is based on the profoundest anatomical knowledge, and applied on scientific principles. It has been for some time in use at the Langaard Institute at Copenhagen; and it is daily proved so gentle, natural, and

efficient, that it cannot but be held in high estimation wherever it is known.

Under this treatment, muscles which lie flat and powerless raise themselves and resume their functions. Contortions give way, and the proper position and action return. Enfeebled, irritable nerves grow strong. Bright's Disease, Rupture, Curvature of the Spine, Hunchback, St. Vitus's Dance, Paralysis, Dropsy, and Soft Tumors, have all yielded to its gentle, persistent influence. It succeeds where medicines fail. It strengthens more surely than any tonic. The feeble patient's exercise is, so to speak, *done for her*; she gets the benefit of movement without the fatigue; her muscles are made to act, and her blood to circulate freely, without any expenditure of her own nervous force. This treatment is very beneficial, therefore, to patients confined within doors—perhaps to one room and one position—by weaknesses of the

spine, womb, etc., and unable to take needful exercise. It is equally efficacious in nervous diseases; it imparts electricity without the unpleasant shock of the battery; it soothes while it invigorates. It often works wonders in cases of paralysis.

## II.

### ITS APPLICATION.

OF course, this treatment must be applied by a person thoroughly skilled in anatomy; who knows the function of every organ in the body; whose sensitive fingers can follow the lines of every cord, muscle, and bone, and detect any abnormal condition; and who, furthermore, knows what must be done to correct displacements and restore healthful action. I hope to be able to train up a corps of intelligent, energetic women for this work among their own sex. It has long been the desire of my heart to found in New York City an institution similar to the Langaard Institute aforementioned. To this end, I have taken the house, No. 38, East Nineteenth Street, for the reception and cure of

patients suffering from any kind of weakness or deformity, to each one of which it will be my pleasure to give my careful, personal attention. At the same place, I will receive a limited number of young ladies, to be thoroughly instructed in Anatomy and Manipulation, and their relation to the cure of disease.

I also invite inspection from all persons desirous of witnessing the methods and the successes of my Danish Cure.

WILHELMINE SCHOTT.

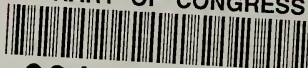








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